CITIZENS OF THE KINGDOM ORTHODOXY

Purification - Illumination - Glorification

NEW FULL MOON DAY NEWSLETTER

BIBLICAL NEW MOON = THE NEW FULL MOON

"Likewise, the people of the land shall worship at the entrance to this gateway before the Heavenly Father on the Sabbaths and the New moons🌙." Ezekiel 46:3

(English Biblical Translations ERROR - in Hebrew - chôdesh from H2318; means the new moon; by implication, a month: - month (-ly), new moon 🌕 = a beginning of a new month)

THOUGHT OF THE MONTH

Beloved ones,

For generations, we have read about fasting as if it were only a spiritual discipline — a symbolic act of humility or repentance. But the Heavenly Father was teaching something far deeper. **HE GAVE ISRAEL FASTING AS A TECHNOLOGY OF FREEDOM: A WAY TO BREAK THE HIDDEN DARKNESS THAT LODGES ITSELF IN THE BODY AND WHISPERS INTO THE MIND**.

Isaiah 58 reveals this truth plainly. The fast HE chose loosens the bonds of wickedness, lifts heavy burdens, breaks oppression, restores clarity, and brings healing that *"springs forth speedily."* (Isaiah 58:8).

TODAY, WE FINALLY UNDERSTAND WHY: FASTING STARVES THE PARASITIC FORCES THAT FEED ON WEAKNESS, STRESS, FEAR, AND DISOBEDIENCE.

The very organisms that cloud the mind, inflame emotions, disrupt sleep, trigger cravings, and drive behaviour that feels "not like ourselves" — these are the same oppressions Scripture describes as yokes and burdens. **WHEN WE FAST, ESPECIALLY DURING THE FULL MOON WHEN PARASITES RISE AND BECOME ACTIVE, WE CUT OFF THEIR FOOD SOURCE.** Their grip weakens. Their voices fall silent. The mind begins to clear. Scripture gives us the clearest picture of this connection.

SOME NEW BIBLE TRANSLATIONS HAVE OMITTED THESE VERSES, AND WE CAN ONLY SUSPECT WHY?!

First, the deliverance itself:

*"And Yeshua rebuked the demon, and **IT CAME OUT OF HIM**; and the **CHILD WAS CURED** from that very hour."*
Matthew 17:18, NKJV

But when His disciples asked why they could not bring this healing, Yeshua revealed the missing key:

*"This kind does not go out except by **PRAYER AND FASTING**."*
Matthew 17:21, NKJV

Not because fasting is mystical, but because fasting shuts down the biological gateway that dark influences use.

Imagine what happens when an entire household — even a community — begins to weaken these invaders. Anxiety lifts. Depression softens. Behaviour stabilizes. Children sleep peacefully. The mind becomes still. Healing begins to flow again. **THIS IS THE FREEDOM THE FATHER ALWAYS INTENDED, BUT IT GOES DIRECTLY AGAINST THE WORLD'S AGENDA.** This is the restoration Isaiah promised.

AND THIS IS WHY THE BIBLICAL CALENDAR WAS LUNAR. ANCIENT ISRAEL LIVED BY THE MOON — THE NEW MOON, THE FULL MOON, AND THE CYCLE OF EACH MONTH.

While Scripture does not command a specific "full moon fast," the appointed assemblies, cleansing days, and preparations for holy convocations always followed the lunar rhythm. **THE FULL MOON WAS UNDERSTOOD AS A TIME OF HEIGHTENED SPIRITUAL AND PHYSICAL SENSITIVITY (PSALM 81:3).**

*"Blow the trumpet at the time of the New Moon, **AT THE FULL MOON**, on our solemn feast day."*
Psalm 81:3 NKJV

Today, with modern insight, we finally understand why: the full moon is the exact window when parasites rise, feed, and become most active. What the ancients practiced instinctively, we now understand biologically.

Even Daniel's fast revealed this truth: after a period of cleansing,

*"their **FEATURES APPEARED BETTER AND HEALTHIER** than all the men who ate the king's food."*
Daniel 1:15

Fasting affects the clarity of the mind and the purity of the body. Below in this newsletter, you will find the hour-by-hour fasting schedule — the exact window where the darkness begins to starve, where the mind begins to heal, and where the bonds within the body and soul begin to break.

Beloved, this is not just about health.

THIS IS ABOUT CLARITY, OBEDIENCE, AND STEPPING INTO THE PURITY REQUIRED FOR THE DAYS AHEAD.

Follow the schedule with intention, and you will feel the shift. Your children will feel the shift. Your home will feel the shift. The Father's ways were always for our freedom — body, soul, and spirit.

As you receive this newsletter on this Sabbath, we stand right at the peak of the spectacular Super Cold full moon — the very window when parasites are most active, most aggressive, and most vulnerable to fasting.

THIS IS THE MOMENT ANCIENT ISRAEL UNDERSTOOD INSTINCTIVELY: WHEN THE INVADERS INSIDE THE BODY RISE, YOU RISE AGAINST THEM.

And that is why full-moon fasting is so powerful. Today is not just any day — it is the ideal day to begin.

I want to encourage you, beloved ones, to enter this holiday season with intention. Clean the gut today, and the mind will follow. Quiet the cravings today, and the emotions will settle.

BREAK THE INNER CHAOS TODAY, AND YOU STEP INTO THE HOLIDAYS WITH CLARITY INSTEAD OF HEAVINESS, STRENGTH INSTEAD OF OVERWHELM.

And imagine beginning the new year this way – aligned, clear, and free of what has fed on you in the past. **A single full-moon fast each month can shift the entire atmosphere of your life. Let this morning be the turning point. Let this full moon mark your reset.**

With love,

DO GOOD BY GIVING BACK

1. Donate Your Work Clothes

While you're decluttering your cupboards, remember—those power outfits collecting dust could be instruments of empowerment for someone's first job interview.

2. Share Your Knowledge Through Skill-Sharing

Are you a pro at baking sourdough bread? Can you masterfully edit videos or write a fantastic CV? Share that knowledge with others to empower them.

3. Start a Pay-It-Forward Chain

This idea is as easy as buying coffee for the person behind you in line. You can also pay for someone's groceries or hand out preloaded gift cards.

4. Make an Extra Batch of Food and Share

Cooking dinner? Make a double batch and spread the love. You could deliver it to a neighbour, drop it off at a local shelter, or leave it on a struggling family's doorstep.

5. Donate Frequent Flyer Miles

If your travel points and miles are collecting dust, you can give them away to people who really need to reconnect with loved ones and can't afford to fly.

6. Give Green Gifts

For a sustainable twist, give a gift of a plant or seedling for a birthday or anniversary. Eco-gifting leaves a lasting impact on the planet while encouraging friends and family to think green.

SEPARATION INCLUDES WHAT WE EAT

ON THIS FULL MOON, THE CALL TO SEPARATE FROM BABYLON GROWS LOUDER. IT IS NO LONGER ONLY A SPIRITUAL INSTRUCTION. It is no longer only a matter of cleansing the mind or the soul. The Heavenly Father is touching something deeper — the gates of the body and He is saying:

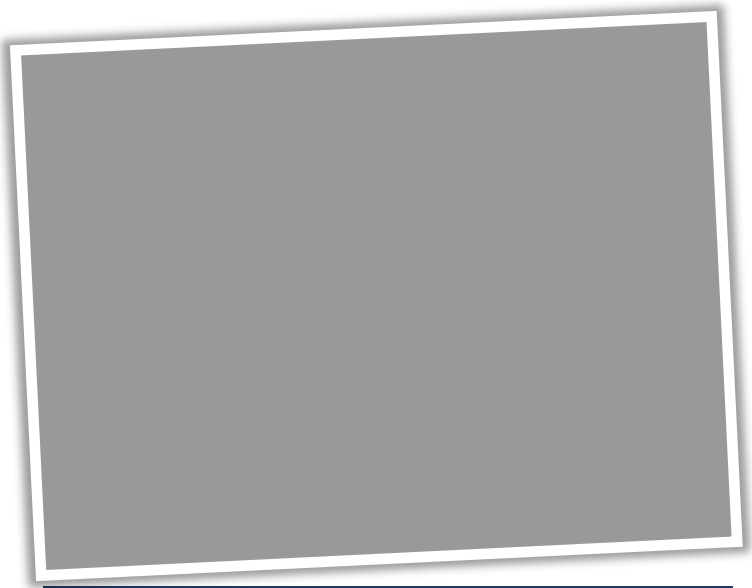
*"Come out from among them, and **BE SEPARATE**, says the Heavenly Father. **DO NOT TOUCH WHAT IS UNCLEAN**, and I will receive you."*
2 Corinthians 6:17

Separation is not symbolic. It is not poetic. It is practical. It is physical. And it includes what we eat.

THE FOOD OF BABYLON IS PART OF THE SYSTEM

The system controls through:

- **PROCESSED** food
- **HYBRID** seeds
- **DEPLETED** soil
- **CHEMICAL** additives
- **LAB-GROWN** "solutions"
- **ALTERED** grains
- **GENETICALLY DISTORTED** roots
- **HIDDEN** parasites
- **SILENT** inflammation



PEOPLE ARE NOT ONLY SPIRITUALLY WEAKENED — THEY ARE NUTRITIONALLY ENSLAVED. THE ENEMY DOES NOT ONLY INFILTRATE MINDS. HE INFILTRATES BODIES. HE INFILTRATES LINEAGE. HE INFILTRATES GENERATIONS. THIS IS WHY THE FATHER IS CALLING HIS CHOSEN ONES OUT OF THE CITIES, OUT OF THE CHAOS, OUT OF THE GROCERY AISLES OF CAPTIVITY, AND BACK TO THE ANCIENT PATHS.

THE RETURN TO ANCIENT FOODS IS NOT A TREND — IT'S A RESCUE MISSION

For the remnant, nutrition is not fashion. It is not a lifestyle brand. It is not performance or perfection. It is obedience. It is alignment. It is covenant. The Heavenly Father is restoring:

- **THE CROPS** of the mountains
- **THE ROOTS** that fed kingdoms
- **THE GRAINS** that survived drought
- **THE LEAVES** that healed nations
- **THE TREES** that purified waters
- **THE FOODS** that outlived empires

The modern world forgot them. Babylon replaced them. But the earth remembers. Creation remembers. And now — the remnant is remembering.

THE FOODS OF BABYLON DIE - THE FOODS OF EDEN MULTIPLY.

There is a reason why the Father is unveiling ancient foods right now:

- **YACÓN** — the Sun Root, hidden sweet water of the Andes
- **ENSET** — Ethiopia's Tree Against Hunger
- **AMARANTH** — the ancient warrior grain
- **TEFF** — the original bread of covenant peoples
- **FONIO** — the West African grain of the ancestors
- **SORGHUM** — the drought-proof grain of the highlands
- **MORINGA** — the Tree of Life for the body
- **AFRICAN YAMS** — the oversized roots that never die
- **OCA, MASHWA, ULLUCO** — the forgotten rainbow tubers
- **CASSAVA** — the survival root of a continent

THESE FOODS DO NOT BOW TO BABYLON.

They are not dependent on chemical fertilizers, global seed banks, or corporate laboratories. They grow in heat. They grow in drought. They grow in poor soil. They grow with little water. They grow where maize fails. They grow where wheat dies. They grow where the chosen ones are going. **THEY GROW IN GOSHEN.**

THE FULL MOON CALL: GUARD YOUR BODY-GATE

The body is not separate from the spirit. The body is not outside the covenant. The body is not a random shell. **IT IS ONE OF THE DOORS OF MAN — A GATE THAT MUST STAY CLEAN, ALIGNED, AND RESPONSIVE.**

*"And the very **HEAVENLY FATHER OF PEACE SANCTIFY YOU WHOLLY;** and may your whole spirit, soul, and body be preserved blameless..."*
1 Thessalonians 5:23

To be sealed in the days ahead, the body must not be nourished by Babylon. **IT MUST BE NOURISHED BY CREATION — BY WHAT HE MADE, NOT WHAT THE SYSTEM MODIFIED.** This is why the remnant is being led back to:

- roots
- grains
- leaves
- fruits
- herbs
- trees
- living waters
- foods untouched by sorcery

THIS IS BODY SANCTIFICATION. THIS IS PHYSICAL SEPARATION. THIS IS OBEDIENCE IN THE NATURAL REALM.

AS BABYLON FALLS, THE EARTH WILL FEED THE REMNANT

Babylon will shake. The markets will fail. The imports will stop. The shelves will empty. **BUT GOSHEN WILL BLOOM.** The chosen ones will eat what the earth gives freely. The communities will be nourished. The children will grow strong. The wombs will be healed. The elders will revive. **THE PARASITES WILL FLEE.** The body will respond to the Spirit again. Because separation was not only spiritual — it was nutritional. And this Full Moon, the Father is whispering:

"WHAT YOU EAT IS PART OF YOUR OBEDIENCE. WHAT YOU PLANT IS PART OF YOUR SEPARATION. WHAT YOU FEED THE NEXT GENERATION IS PART OF YOUR COVENANT WITH ME."

THE REMNANT IS BEING FED FOR THE JOURNEY AHEAD

This is the season of:

- **RETURNING** to ancient foods
- **LIVING** from the land again
- **GROWING** for the sanctuaries
- **PLANTING** survival crops
- **STRENGTHENING** the body
- **PREPARING** for the wilderness
- **FEEDING** the chosen ones
- **PURIFYING** the lineage
- **BREAKING** the parasite inheritance
- **RESTORING** the body-gate
- **OBEYING** the Heavenly Father with every seed

The scroll has made it clear: We cannot enter the next age on Babylon's diet. Separation includes what we eat. And this Full Moon carries the decree:

"Come out of her, My people."
Revelation 18:4 (NKJV)

Not only in spirit. Not only in soul. But in body – in what you plant, in what you harvest, in what you feed your children, in the food that enters your mouth, and in the seeds you carry into Goshen.

THIS IS THE RESTORATION. THIS IS THE SEPARATION. THIS IS THE WAY OF THE REMNANT.

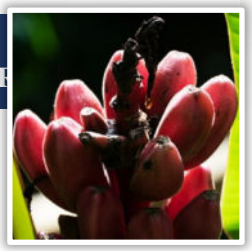
THE ANCIENT FOODS

1. YACÓN — THE SUN ROOT

Key nutrients (per 100 g):
- Prebiotics (inulin + FOS) – restores gut lining
- Vitamin C – immunity, skin, tissue repair
- Potassium – heart, hydration, muscle strength
- Antioxidants – anti-inflammatory
- Natural sugars (fructooligosaccharides) – sweet but low-glycaemic
- Soluble fibre – digestion + parasite resistance
- Water content 85% – hydration in drought

Benefits:
- Heals gut
- Reduces blood sugar
- Fights inflammation
- Supports weight balancing
- Excellent for children
- Powerful during food scarcity

2. ENSET — THE TREE AGAINST HUNGER



Enset is the most powerful survival plant in Africa.

Key nutrients (from stem + corm):
- Carbohydrates (70–80%) – long-lasting energy
- Fibre – digestive strength
- Calcium – bones + children
- Potassium – blood pressure + heart
- Iron – blood building
- Glucose + fructose – energy
- Resistant starch – gut healing

Benefits:
- Can feed a family for months
- Drought-proof
- Stores in the ground for 7 years
- Zero wastage
- Child-friendly and stomach-friendly
- Perfect Goshen crop

3. AMARANTH — THE WARRIOR GRAIN

Key nutrients from the leaves and seeds:

Leaves contain:
- Vitamin A – eyes, immunity
- Vitamin C – healing
- Iron – blood
- Calcium – bones
- Magnesium – nerves
- Protein – growth
- Folate – pregnancy health

Amaranth Seeds contain:
- Complete protein (all essential amino acids)
- Calcium, magnesium, potassium
- Fibre
- Vitamin B6

Benefits:
- Stronger than spinach
- High iron for women & children
- Excellent porridge grain
- Grows in drought
- Heals malnutrition

4. TEFF — THE HIGHLAND GRAIN

Key nutrients:
- Protein (higher than wheat)
- Calcium (VERY high — strongest grain for bones)
- Iron
- Magnesium
- Zinc
- Vitamin B6
- High fibre
- Complex carbohydrates

Benefits of TEFF:
- Iron-rich for anaemia
- Builds strong bones
- Long-lasting energy
- Gluten-free
- Ancient, unmodified grain

5. FONIO — THE GRAIN OF THE ANCESTORS

Key nutrients:
- Amino acids (methionine + cysteine) – rare in grains
- Iron
- Magnesium
- Zinc
- Vitamin B complex
- High fibre
- Calcium

Benefits:
- Anti-fatigue grain
- Perfect for children & elders
- Easy to digest
- Cooks in 5 minutes (saves fuel)
- Very high mineral content
- Perfect for famine season

6. MORINGA — AFRICA'S TREE OF LIFE

Leaves contain EXTREME nutrition:

- Vitamin A (10x carrots)
- Vitamin C (7x oranges)
- Calcium (4x milk)
- Potassium (3x bananas)
- Iron (25x spinach)
- Protein (2x yogurt)
- Magnesium
- Zinc
- All essential amino acids

Benefits of Moringa:

- Treats malnutrition
- Purifies water
- Boosts immunity
- Balances hormones
- Strengthens bones
- Supports children + pregnancy

MORINGA IS ONE OF AFRICA'S MIGHTIEST SURVIVAL FOODS.

7. AFRICAN YAM

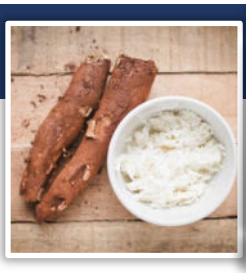
Key nutrients:

- Carbohydrates (energy)
- Vitamin C
- Vitamin B6
- Manganese
- Potassium
- Copper
- Fibre
- Diosgenin (natural hormone-balancer)

Benefits:

- Extremely filling
- Excellent survival food
- Supports womb health
- Powerful for energy
- Long storage life
- Strong cultural food source

8. CASSAVA — THE SURVIVAL ROOT



Key nutrients:

- Carbohydrates (high energy)
- Vitamin C
- Folate
- Potassium
- Magnesium
- Iron (in leaves)
- Protein (in leaves)

Benefits of Cassava:

- Grows anywhere
- High-calorie emergency food
- Leaves are highly nutritious
- Drought-resistant
- Easy to maintain

9. SORGHUM — THE DROUGHT KING

Key nutrients:

- Protein
- Iron
- Phosphorus
- Potassium
- Magnesium
- Vitamin B1, B2, B3
- High fibre
- Antioxidants

Benefits:

- Survives extreme drought
- Powerful energy food
- Gluten-free
- Excellent for porridge & ugali
- Supports blood + immunity
- Food security crop

to a poor man. The poor man left the palace with the basket, emptied its contents, cleaned it, put beautiful flowers in it and returned it to the wealthy man.

The wealthy man asked the poor man why.

"I gave you a basket of rotten fruit, you brought it back with beautiful flowers?

heart"

SHEDDING OF COVID mRNA VACCINES

A document entitled "Shedding of Covid mRNA Vaccines" authored by Dr. Pierre Kory, reviews evidence regarding the shedding of COVID-19 mRNA vaccines. It explores the mechanisms, clinical observations, and potential impacts of shedding, defined as the release of vaccine components (e.g., spike protein, lipid nanoparticles) from vaccinated individuals to others. Key findings include:

1. **Mechanisms of Shedding**: Shedding may occur **VIA EXHALED BREATH, SKIN CONTACT, OR BODILY FLUIDS,** with spike protein-containing exosomes being a primary concern. Evidence suggests these components can persist in the body and be transmitted to others, potentially causing adverse effects.
2. **Clinical Evidence:** Reports document symptoms in unvaccinated individuals exposed to vaccinated people, including **MENSTRUAL ABNORMALITIES, HEADACHES, DIZZINESS, AND IMMUNE SYSTEM DISRUPTIONS**. Shedding effects are more pronounced after booster doses and in sensitive individuals.
3. **Routes of Exposure**: Shedding can occur through inhalation, skin contact, sexual intercourse, or breastfeeding. Studies show vaccine mRNA and **COMPONENTS CAN BE FOUND IN BREAST MILK AND MAY CROSS THE PLACENTA**.
4. **Protection Strategies:** Recommendations include avoiding high-risk exposure, using proteolytic enzymes, e.g., **NATTOKINASE, IVERMECTIN**, and other supplements to mitigate effects.
5. **Legal and Ethical Considerations**: Shedding may open avenues for legal action and workplace accommodations for sensitive individuals.

THE DOCUMENT CALLS FOR HALTING THE MRNA VACCINE CAMPAIGN, STRICTER REGULATIONS ON GENE THERAPY PRODUCTS, AND FURTHER RESEARCH INTO SHEDDING PHENOMENA.

It emphasizes compassion for affected individuals while discouraging divisive rhetoric.

https://pierrekorymedicalmusings.com/p/newly-published-study-shows-shedding

THE LAST SUPERMOON OF 2025

WE WILL SOON GET OUR LAST CHANCE TO SEE A SUPERMOON IN 2025, WITH DECEMBER'S FULL MOON SET TO RISE ON 4 DECEMBER. Even if you don't plan for it, you'll probably notice it the moment you step outside. **IT WILL BE THE BRIGHTEST OBJECT IN THE NIGHT SKY!**

December's full moon, also known as the Cold Moon, is the fourth and final Supermoon of the year. **IT IS CALLED THE COLD MOON BECAUSE, FROM TRADITIONAL NORTHERN HEMISPHERE OBSERVATIONS, EARLY DECEMBER MARKS THE BEGINNING OF ICY WEATHER.** For us, it's the opposite, but the name remains tied to the full moon that appears during this period in the lunar calendar.

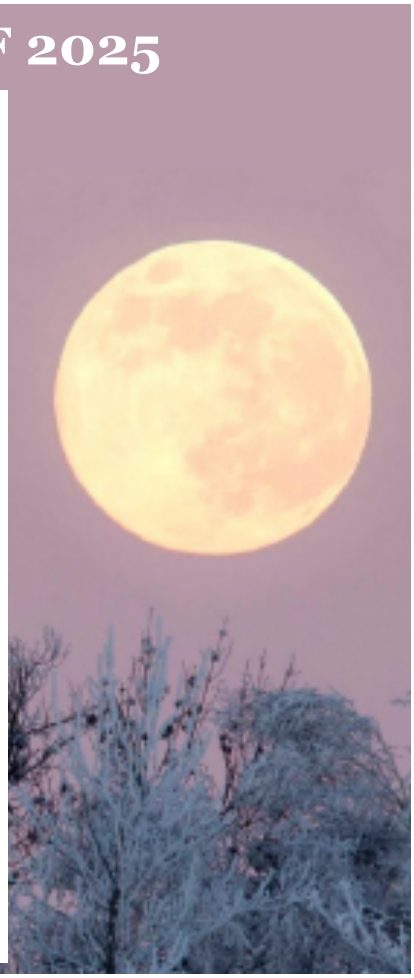
SUPERMOONS TEND TO ARRIVE IN GROUPS BECAUSE OF THE WAY THE MOON ORBITS EARTH. Its orbit is slightly oval, which means the moon moves closer during certain parts of the year. **WHEN A FULL MOON OCCURS DURING THIS CLOSEST POINT, CALLED PERIGEE, IT APPEARS LARGER AND BRIGHTER THAN USUAL.**

THE MOON WILL REACH PEAK BRIGHTNESS ON THE EVENING OF 4 DECEMBER. In South Africa, that means the show starts after sunset and remains visible throughout the night. Even if clouds get in the way, **THE MOON WILL STILL APPEAR MORE THAN 90 PERCENT FULL FROM 2 TO 6 DECEMBER**, giving skywatchers a wide window to enjoy it.

WHAT SOUTH AFRICAN SKY WATCHERS NEED TO KNOW

- Peak visibility: 4 December after sunset
- Best time to look: Anytime during the night, weather permitting
- Visibility window: 2–6 December with the moon 90% or more illuminated
- Equipment: Not required, but binoculars add extra detail

https://www.thesouthafrican.com/news/supermoon-last-supermoon-2025-december-cold-moon-south-africa/



THE HIDDEN DANGERS OF DRINKING COLD WATER — ANCIENT WISDOM FROM BIBLICAL LANDS

Across the ancient world — from Israel, Judea, Egypt, Babylon, Arabia, Persia, and Mesopotamia — people followed one simple but powerful principle:

THEY DID NOT DRINK COLD WATER. NOT ICE WATER. NOT CHILLED WATER. NOT WATER DURING MEALS. AND NEVER COLD WATER IN EXTREME HEAT.

Foreigners who travelled through these lands were always recognised by their habit of gulping iced drinks — a habit the desert peoples knew was harmful to the body. Modern advertising has quietly trained society to ignore our bodies and abandon the ancient wisdom that kept generations healthy. Ice-filled drinks, oversized cold beverages, and constant sipping during meals were never part of biblical or indigenous cultures — they were manufactured trends.

COMPANIES DISCOVERED THAT "REFRESHING" IMAGERY SELLS, AND SO THEY TAUGHT US HABITS THAT WEAKEN DIGESTION, SHOCK THE ORGANS, AND WORK AGAINST THE BODY'S NATURAL RHYTHM.

What was once instinctive and protective has been replaced by what is profitable. And generations now follow the marketing, not the wisdom — often to their own detriment.

Here is why the ancient world avoided what modern culture embraces:

1. Cold Water Shocks the Digestive System

Your stomach operates at about 37°C. When you pour ice-cold water into it, you:

- constrict blood vessels
- slow digestion
- weaken nutrient absorption
- cause bloating and discomfort

The ancients believed the stomach carried an inner "fire."

COLD WATER SMOTHERED THAT FIRE — LEAVING THE BODY SLUGGISH.

2. Water During Meals Weakens Digestion

Another ancient rule across biblical cultures: **DO NOT DRINK WATER WITH MEALS.** Why? Because drinking water while eating:

- dilutes stomach acid
- weakens digestive enzymes
- slows down the breakdown of food
- causes fermentation, bloating, and gas
- increases post-meal fatigue

Instead, people sipped small amounts before or after meals — never during. Their wisdom aligns perfectly with modern physiology.

3. Cold Water in Heat Can Cause Internal Shock

In desert environments — Judea, Sinai, Arabia, North Africa — locals rarely drink cold water in extreme heat. When the body is overheated and hit with ice, it can trigger:

- dizziness
- nausea
- stomach cramps
- headaches
- heart stress

Traditional teaching says: "Cool the body from the outside first, then hydrate slowly." Foreigners often do the opposite — and suffer from dehydration and heat stress far quicker than the locals.

4. Cold Water First Thing in the Morning Is Harmful

Morning is the body's natural detox window. Cold water disrupts it by:

- shocking the liver
- slowing bile flow
- tightening the stomach lining
- weakening metabolism
- interrupting detoxification

ANCIENT HEALERS BEGAN EACH DAY WITH WARM OR ROOM-TEMPERATURE WATER, GENTLY AWAKENING THE ORGANS.

5. Cold Water Slows True Hydration

Icy water may feel refreshing, but it actually:

- slows fluid absorption
- thickens mucus
- tightens the stomach lining
- leaves you feeling thirsty again

The more ice you drink, the more dehydrated you become.

ANCIENT WISDOM THAT MODERN LIFE FORGOT

People of the biblical world understood the body as a sacred vessel — crafted with intelligence and rhythm.

Their rules:

- Drink room-temperature water
- Sip, don't gulp
- Avoid water during meals
- Never drink cold water in extreme heat
- Begin the day with warm water

Foreigners today often do the opposite, and their bodies feel the consequences.

What to drink instead:

- Room-temperature spring water
- Warm water
- Herbal teas (mint, ginger, rooibos)
- Lemon water (not cold)

These support:

- digestion
- hydration
- detox
- energy
- stable body temperature

FINAL THOUGHT:

COLD WATER REFRESHES FOR A MOMENT – BUT THE BODY PAYS THE PRICE LONG AFTER. THE ANCIENT PEOPLES OF SCRIPTURE HONOURED THE BODY AS A LIVING TEMPLE. THEY PROTECTED IT WITH WARMTH, BALANCE, AND WISDOM. PERHAPS IT'S TIME MODERN LIFE SLOWED DOWN TO LISTEN.

THE SPIRITUAL REASON PARASITES ATTRACT DARKNESS

Beloved ones, before you read the fasting schedule below, you must understand why fasting is not only physical — **BUT DEEPLY SPIRITUAL**. Parasites and demonic spirits are drawn to the same environment: **WEAKNESS, STRESS, EMOTIONAL TRAUMA, AND DISOBEDIENCE.** Parasites create inflammation, chemical imbalance, cravings, and confusion in the mind. These conditions open a biological doorway — and that doorway is what attracts unclean spirits.

Just as flies gather around decay, spirits gather where the body or soul is weakened. Parasites release toxins that cloud judgment, disrupt hormones, and stir emotional instability. This instability becomes the "scent" that draws dark influences and gives them legal access.

THIS IS WHY YESHUA SAID SOME OPPRESSION ONLY LEAVES THROUGH PRAYER AND FASTING.

Because fasting starves the parasites, closes the doorway, and removes the chemical foothold those spirits use.

When parasites weaken, the spiritual atmosphere of a person changes. The mind quiets. The emotions settle. The gates of the soul begin to close. And the darkness loses interest — because there is nothing left to feed on. This is why fasting is deliverance. This is why clarity returns. This is why families begin to heal. **THIS IS WHY THE FATHER COMMANDED IT.** Fasting breaks both the physical invader and the spiritual influencer — at the same time.

0–12 HOURS: THE PARASITES STILL FEED

During this window:

- parasites feed off glucose in the bloodstream
- cravings intensify
- irritability increases
- emotional instability rises

This is the period where most people give up — because the parasites are screaming for food. These early cravings are not your cravings.

IT IS THEM DEMANDING TO BE FED.

12–18 HOURS: THE BODY CHANGES TEAMS

Around the 12–18 hour mark, something supernatural-biological happens:

- blood sugar stabilizes
- parasites begin to weaken
- their grip on the gut and mind loosens
- inflammation reduces
- the immune system wakes up
- clarity begins to return

This is where the Isaiah 58 promise begins:

*"Your **LIGHT SHALL BREAK FORTH** like the morning… your **HEALING SHALL SPRING FORTH SPEEDILY.**"*

This is not a metaphor. This is mitochondria + immune activation + parasite weakness.

18–24 HOURS: THE STARVATION BEGINS

Here is where the darkness begins to starve.

At this stage:

- parasites lose access to glucose
- their nervous system weakens
- movement slows
- reproductive activity stops
- toxins decrease
- the "voices" of cravings fall silent

Many people experience:

- peace
- clarity
- relief from anxiety
- emotional release
- stillness

Because the parasites are no longer driving the chemistry of the mind.

24–36 HOURS: PARASITES START TO DIE

This is the time window ancient Israelites understood instinctively.

During this stage:

- weakened parasites detach from the gut wall
- their eggs fail to hatch
- their toxins stop entering the bloodstream
- the mind becomes quiet
- demonic influence connected to biological gateways decreases dramatically

This is why Yeshua taught:

"Fasting breaks the yoke." **PARASITES ARE A YOKE.** They bind the mind, the appetite, the emotions, and the spirit. When they weaken, bondage breaks.

36–72 HOURS: THE DEEP CLEANSE

This is advanced fasting, done only by adults — but this is where:

- psychiatric symptoms lift
- intrusive thoughts stop
- depression lightens
- cravings disappear
- insomnia resolves
- fog lifts
- anger calms
- obsessive behaviours fade

This is not magic. It is biology aligning with Scripture.

When the parasites die:

- the chemical warfare they release ends
- the mind is restored
- the nervous system resets
- the soul finds rest

This is why fasting could change an entire society.

THE PSYCHIATRIC CONNECTION — WHAT THE WORLD REFUSES TO SEE

People in homes for the mentally ill most probably have parasites. This is truth.

Parasites produce:

- neurotoxins
- ammonia
- dopamine spikes
- serotonin disruptions
- inflammation in the brain
- impulsive behaviour
- fear
- panic
- hallucination-like symptoms
- personality shifts

Many psychiatric conditions are not psychological… but parasitic + spiritual infiltration. And fasting would silence 70% of these symptoms in days.

CHILDREN — THE LOST BATTLEFIELD

Children with:

- strange behaviours
- sudden anger
- night terrors
- attention issues
- compulsive cravings
- emotional instability
- unexplained fear

…often carry parasites fed by modern diets, sugar, and weakened immunity.

While long fasting is difficult for children, even a 12–14-hour sunset-to-morning fast can:

- weaken parasitic cycles
- improve behaviour
- restore calm
- reduce tantrums
- strengthen the immune system
- clear the mind

Add garlic, pomegranate peel tea, wormwood blends, or simple periodic cleanses — and a child can change in 48 hours.

IMAGINE A SOCIETY WHERE CHILDREN GROW WITHOUT PARASITIC INFLUENCE ON THEIR EMOTIONS. IMAGINE A GENERATION WHOSE MINDS ARE NOT CLOUDED BY BIOLOGICAL DARKNESS. THIS IS PART OF THE RESTORATION OF EDEN.

FULL-MOON FASTING — THE MOST POWERFUL WINDOW

As we've been teaching: Parasites activate during the full moon. They rise. They feed. They reproduce. **THIS IS EXACTLY WHY THE HEAVENLY FATHER ALIGNED ISRAEL'S CALENDAR WITH THE MOON. IT WAS NOT MYSTICISM. IT WAS PROTECTION.**

A community that fasted at the full moon:

- stopped the parasite cycle
- stabilized their minds
- reduced violence
- increased clarity
- walked in obedience
- maintained purity
- prevented demonic infiltration through the body

FULL-MOON FASTING IS KINGDOM TECHNOLOGY. A WALL OF FIRE AROUND THE CAMP. A CLEANSING OF THE GATES. A RESETTING OF THE MIND. A PROTECTION OF THE CHILDREN. A RESTORATION OF PEACE AND CLARITY.

PARASITE CLEANSING TEA

While this tea is good to drink on a daily basis, it is particularly effective to drink when the MOON is FULL, as this is when parasites are at their most active.

Ingredients:

- 1 cinnamon stick
- 2 cloves
- 1 tablespoon of fresh grated ginger
- 1/2 tablespoon of oregano

Instructions:

1. Boil Water: Bring 4 cups of water to a boil in a saucepan.
2. Add Ingredients: Add the cinnamon stick, cloves, grated ginger, and oregano to the boiling water.
3. Simmer: Reduce the heat and let the mixture simmer for about 10-15 minutes.
4. Strain: Strain the tea into a cup or teapot.
5. Serve: Enjoy your parasite-cleansing tea hot.

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